

HEALTH MATTERS

The Cincinnati Health Department Newsletter



December National Health Observances:

HIV/AIDS Awareness and the Flu Vaccine

Did you know every year on December first is World AIDS Day? It was created to raise awareness and knowledge about HIV and a call to move toward ending the HIV epidemic. Were you also aware that people with asthma, heart disease, diabetes, and a number of other chronic health conditions are at higher risk of developing serious flu complications? In fact, during recent flu seasons, 9 out of 10 people hospitalized with flu had at least one underlying health condition – that's why getting an annual flu vaccine is especially important for people with certain chronic health conditions.

According to the Cincinnati Influenza Activity Report "for both the City of Cincinnati and the State of Ohio remains low, as it did in the 2019-2020 season. As of 11/20/21 no pediatric deaths have been reported by the Ohio Department of Health (ODH)." To protect yourself this season, the CDC recommends a yearly flu vaccine as the first and most important step in battling against flu viruses.

ANNOUNCEMENTS

DATES & EVENTS

World HIV/AIDS Day Dec. 1

National Influenza
Vaccination Week Dec. 5-11

COVID UPDATE:

TOTAL CASES

41,343

TOTAL RECOVERED

38,596

TOTAL HOSPITALIZED

2,167



Welcome to the first edition of the public CHD newsletter

In the past 20 months, CHD has overcome and accomplished many obstacles. When the COVID-19 pandemic struck, we swung into action, creating a city-wide vaccination team. Under the leadership of Commissioner Moore, Domonic Hopson, Dr. Maryse Amin and DON Jenny Scott; a command center was established to perform contact tracing of those infected and advising citizens about the virus. When the vaccines became available, our staff and numerous volunteers, worked tirelessly and due to their efforts, tens of thousands of citizens were immunized. At the same time, the regular, everyday duties and challenges of the Department continued. I applaud your devotion to the Department and the people of Cincinnati. I hope that you have a wonderful holiday season.

- *Edward Herzig, MD*
Board Chair

Keeping you updated:

During the past two years, we have remained resilient during times of great uncertainty, but HOPE was always present. Despite what was in front of us, we overcame and did continue the momentum at another level. We successfully held pop-up testing events, organized huge community vaccine PODs, and WE surpassed the expectations in vaccinating the community, becoming **ACCREDITED** and becoming a Public Health Leader. Each of you played a critical role in meeting these expectations. Our footprint during the past couple years will become a part of Cincinnati's rich history. For this, I am thankful for being able to say, our actions have demonstrated our commitment to our core values of collaboration, accountability, quality, health equity and access. No matter what we faced, we had the courage to be steadfast to move forward with solutions. It is the hope that resides within each of us, that allows us to remain steadfast and laser focused.

Have a wonderful holiday season and see you in the New Year!

- *Dr. Melba R. Moore*

Commissioner

A Holiday Reminder from Dr. Bhati

Holiday dinners in our house always meant family, friends, and random strangers that my parents would meet at the post office, Kroger, the dry cleaners, pretty much anywhere. They both had a penchant for picking up strangers or “strays” as Mom called them. Most of the people were usually young men and women, new to Cincinnati, typically here for grad school or a new job. Being immigrants themselves, it was easy for them to spot people who looked new, and usually a bit lonely or homesick. And it didn’t just happen over the holidays, this was a year-round vocation for my parents. I’d regularly come home for dinner seated next to a complete stranger who just happened to be from the same part of India as my parents or someone who was just there for a warm home-cooked meal.



Dozens of these people walked through our door. I’m not sure if they ever kept track of everyone, but I remember years later, when my parents were of retirement age and especially after they both passed, I would regularly hear from these wonderful people and their families and even their kids, about how Mom and Dad were the first ones to welcome them and reach out to help them where they could. These are lessons I never forgot, and I try and pass them down to my own children...

Empathy being the most important, especially for people you don’t know and maybe even disagree with. It couldn’t be more important than now. Over this holiday season, please make sure to reach out to the quiet ones we’re all surrounded by... It doesn’t take much to make someone feel welcomed and appreciated. The rewards are immeasurable!

Have a wonderful Christmas and a happy and healthy New Year!



City Manager's Excellence in Service Award

ROSA CAMA

Congratulations to Rosa Cama RN,BSN in receiving the City Manager's excellence in service award. Rosa is a Nursing Supervisor at our Price Hill Health Center.

"Going far beyond the call of duty, doing more than others expect.

This is what excellence is all about. It comes from striving, maintaining the highest standards, paying attention to the smallest detail, and going the extra mile.

Excellence means doing your very best. In everything, in every way."



Rosa Cama



Awardee, Rosa Cama and her daughter



City Manager, Paula Boggs Muething (left) Health Commissioner, Dr. Moore (center) and Awardee, Rosa Cama (right)



Dr. Novais (left) Health Commissioner, Dr. Moore (center) and Awardee, Rosa Cama (right)



Dr. Mussman (left) Awardee, Rosa Cama and daughter (middle) and Jill Byrd

MEET HEALTH MATTERS NEWSLETTER EDITOR IN CHIEF

Camen Anderson

Graphic Designer & Editor

Greetings,

Welcome to the Health Matters Newsletter. My name is Camen Anderson, and I am the Administrative Specialist for the Health Commissioner's Office. I have extensive background in graphic design, multimedia content development, media production, communication, and dissemination processes. I am so excited to be a part of such a wonderful organization that strives to be a public leader in this region. Our upcoming newsletters will feature content related to our health centers, services we offer, healthy recipes, community events, and the list goes on. I want to hear from you so your opinion matters. I hope you find this newsletter informative and a joy to read.



**If you have anything you would like to share in the newsletter
please send information to Camen Anderson at
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CHD= Cincinnati Health Department



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